

GuildfordYoga Workshops



Connecting to the core

Sunday 23 September 10am-12.30pm - Bramley Village Hall - £28***

Ever wondered how to make your transitions from one position to the next more graceful and light?

The key to moving seamlessly from pose to pose is to develop a strong array of core muscles and to be able to tap into this inner strength at will. We'll practice a range of poses and sequences designed to develop awareness and strengthen a variety of muscles across the abdomen, back, legs and the internal pelvic floor. Regular practice of these poses will improve your posture, trim the waist and allow you to move with ease and grace.

Suitable for all, except pregnant ladies. Please bring a blanket. To reserve your place please book by 18 September using this form.

I wish to attend the Connecting to the core workshop. I enclose:

- Early-bird price £22 (£17 pass-holders) before 18 September
- Drop-in price*** £28 (£23 pass-holders)

Name:.....

Email:.....

Cash or cheques payable to Luci Phipps
Post to: Millbank, Guildford Road, Shamley Green,
Guildford, GU5 0RT.

Please give a min. of 24 hrs notice of cancellation for a full refund
Full terms and conditions see www.guildfordyoga.co.uk



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